SUPERFLUOUS HAIR.

+**********************

OLES, Warts, Small Birth Marks, etc., skilfully and permanently removed by Electrolysis. Electrical treatment and massage given for removal of Wrinkles, Pimples, Blackheads, etc. Static Electricity and High Frequency currents for all forms of nervous diseases. A Call is Solicited.

Consultation Free.

Phone 996.

Mrs. E. Coates Coleman



ABSORBINE Removes Bursal Enlargements, Thickened Tissues, Infiltrated Parts, and any Puff or Swelling, Cures Lameness, Allays Pain without laying the horse up. Does not blister, stain or remove the hair. \$2.00 a bottle, delivered. Pamphlet 1-C free. A BSORBINE, JR., for mankind, 81.00 bottle. Cures Synovitis, Weeping Sinew, Strains, Gouty or Rheumatic Deposits, reduces Varicose Veins, Varicocele, Hydrocele. Allays pain. Book free. Genuine and only by

W. F. YOUNG, P.D. F., 138 Monmouth St., Springfield. Mass.

LYMAN SONS & CO., Montreal, Canadas Appeals.

Also Jurnished by Martin Bole & Wynne Oo., Winnipega

The National Drug & Chemical Co., Winnipeg and Calgarge
and Honderson Bros. Co. Ltd., Vancouver.

Teething Babies

are saved suffering-and mothers given rest-when one uses Nurses' and Mothers' Treasure

Quickly relieves-regulates the bowels - prevents convulsions. Used 50 years. Absolutely safe. At drug-stores, 25c. 6 bottles, \$1.25. National Drug & Chemical Co., Limited, Sole Proprietors, Montreal. 41

writing advertisers, please mention Western Home Monthly,

Moman and the Home.

The Children's Music.

We asked where the magic came from That made her so wondrous fair, As she stood with the sunlight touch-

ing
The gloss of her golden hair,
And her blue eyes lifted heavenward,
As though she could see God there.
"Hush!" said the child, "can't you hear

The music that's everywhere?"

God help us, we can not hear it!
Our hearts were heavy with pain.
We heard men toiling and wrangling,
We heard the whole world complain;
And the sound of a mocking laughter—
We heard it again and again;
But we lost all faith in the music—
We had listened so long in vain!

'Can't you hear it?" the young child "Can't you hear it?" the young child whispered;
And sadly we answered, "No."
We might have fancied we heard it
In the days of the long ago;
But the music is all a delusion—
Our reason has told us so,
And the child will forget that she heard it

When she harks to the sound of woe.

Then out spoke from among us Who had nothing left to fear; Who had given his life for others, And had reaped but the cruel sneer;
And his face was lit with glory,
His voice rose calm and clear,
And he said, "I can hear the music
Which the little children hear!" -Good Words.

For the Home Seamstress.

In buying trimmings and findings, it is better to buy a little of the best, rather than much of the cheapest. Rust-proof hooks and eyes cost little, if any, more than the common iron ones which ruin tub dresses.

In making a dress skirt, care must be taken to so place the fulness that the plaits or gathers shall fall in a straight line from belt to bottom. Care must be taken that the lines do not swing toward the front.

A sleeve that is improperly placed in the arm-hole is a most uncomfortable and awkward thing. The outside line of the sleeve should be placed at the point of the shoulder, and the inside seam should be just below the bustline in order not to hamner the move-

seam should be just below the bustline, in order not to hamper the movements of the arm. The lines must
properly depend from the shoulder, or
the set of the sleeve will be spoiled.

A gathered or box-plaited circular
skirt is one of the most difficult to
make and hang correctly, and should
not be undertaken by the inexperienced
seamstress without good advice. The
goods, being cut circular or bias will
sag at the sides, making the skirt
about the ankles hang very unevenly,
giving a slovenly appearance to the
skirt. If one must have a circular pattern, it is a good idea to hang it up
by the belt for several days, after sewing up the seams, especially if the material is of loose-weave, before turning
up the hem.

up the hem.

Many women have one hip higher than the other, and if care is not taken in the measuring, the skirt does not hang well. In such case, first pin the seamed-up skirt around the hips about six inches below the waist-line, drawing the side up over the highest hip until it hangs smoothly all around; then trim off even with the waist-line, and take in all the seams until the skirt fits smooth and even over the hips and waist-line. Raise the two outer skirt his smooth and even over the hips and waist-line. Raise the two outer folds of the inverted plait in the back a quarter of an inch above the waist-line, make the folds hang well toward the back-seam, and finish by making the bottom of the skirt even. It is almost impossible for a person to "fit berself"

Earning Money in the Mome

The papers and magazines which cater to the wants of women are full of so-called solutions of the problem of how women, confined to the home, can earn pin-money—or is it bread money? Prizes are offered for the most practical papers on the subject, and of these papers there is no end; but still the cry goes up from the disheartened women, "How can I earn a little money in the home?" The "solutions" are many; but the satisfactory answers are few. In a very large degree, woman must solve the problem for herself. It is almost impossible for an outsider to plan for another of whose skill, ability, education, or "stickatitiveness" she knows nothing. Even with the work in sight, the would-be worker is not always prepared to take it up; in many cases it is from lack of experience or cases, it is from lack of experience or training which unfits her to do the kind of work she can get, but often it is an unwillingness to take what is offered her. Too often it is not what

she wants, and she will have none of

she wants, and she will have none of it.

It is rarely that a woman wage-worker can get the work she likes, or for which she considers herself fitted, and she must begin by taking what she can get and working up to something better. There are many things that can be profitably done in the home in the few leisure hours the homewoman can command, but in many cases there must be preliminary training before she can successfully do it, and as a rule, women are impatient of training. If there were some way by which the work and the worker could be brought together, the supply of either would equal the demand of the other; but as yet this seems impossible to be done.

other; but as yet this seems impossible to be done.

One of the reasons why so many women fail to make their work remunerative is that in most cases the work is but a side line, and is so regarded by the woman herself. She can bring to it but a divided interest, unless she has so trained herself that she can shut out the one set of duties when she takes up another, and there are few women whose lives are spent in the home that can do this. It requires strong determination, patience, persistence and a control of self equal to any talent she may possess, to succeed in thus training herself to a dual life. It is a pity that women in the home should have to think of working for wages. think of working for wages.

Teaching the Babies.

It is a good plan to let the little folks go into the kitchen and "help cook." There are many little things they will delight in doing and if their reward is a piece of dough, and permission to make it into the shape they like best, baking it in their own way, they will be learning the rudimentary lessons of cookery in the pleasantest possible way. Preparing vegetables, with the promise of being allowed to cook their own, is not always a hindrance to the mother-worker, although it may take a little time and attention on her part to get the little cooks started in the right way. Do not be too free with your advice, or too steady in your overseeing. Let them use their own reasoning powers, and feel the responsibility of looking after their own affairs. If they begin a task, let them carry it through. If they put food materials on to cook in their own little vessels, let them know that it is their business to see that it don't boil dry or burn, just as it is your business to attend to yours. Do not allow them to begin the cooking and then go off to play, with intsructions to you to call them, when it needs attention.

to yours. Do not allow them to begin the cooking and then go off to play, with intsructions to you to call them, when it needs attention.

Let the children now and then enjoy the fun of getting up the entire meal without any supervision whatever on your part. The first lessons should be with simple foods, easy to handle, but as fast as seems advisable, increase the responsibility. But, above all, do not scold the little one, or find fault unduly if things are not as appetizing as they will be later on, for the child will get discouraged. Do not, on the other hand, praise unduly, or tell the child the cooking is fine, if it is not, for this will make him or her careless (the boys should be included in these "experiments") about trying to do better. Show your appreciation of the intention, and after the meal, when you have the child alone with you, point out the cause of the failure, and its remedy. If well done, do not withhold approval. Begin very early with these lessons, and you can thus keep the children with you, employed, and learning the lessons of usefulness. The girl who is taught to cook from her infancy will not find the work so distasteful as she will if the lessons are later.

The Tenant.

This body is my house—it is not I; Herein I sojourn till, in some far sky, I lease a fairer dwelling, built to last Till all the carpentry of time is past, When from my high place, viewing this

lone star, What shall I care where these poor timbers are?

What though the crumbling walls turn dust and loam-

shall have left them for a larger home.

The Flagging Energies Revived .-Constant application to business is a tax upon the energies, and if there is not relaxation, lassitude and depression are sure to intervene. These come from stomachic troubles. The want of exercise brings on nervous irregularities, and the stomach ceases to assimilate food properly. In this condition Parmelee's Vegetable Pills will be found a recuperative of rare power, restoring the organs to healthful action, dispelling depression, and reviving the flagging HOI

December, 19

SUPERV

CHRI Orange Salu strain over s on juice. Cu seeds, arrang them a Frenchicious salad

English Pl of raisins, or pound of sue a pound of tablespoonfu pound of bro ful of brandy

Christmas oranges, one sugar; peel halves across seeds and pr sugar and vis dissolved freeze. Boned Chic

little water a fall from bo together ligh with pepper in which chi it on the r tightly in weight for ; cut in thin; Boast Go

wash the sl breast bone ing pin. Str potatoes his onion, salt butter. Put often. Allo pound for c an hour for apple sauce.

Mince Pie. meat, chop quantity of half a poun fine, then a seeded and rants, one of cinnamo cloves and Sweeten to add three of brandy.

Aspic Jell consomme and one tab to one quar add two t sherry, then granulated half cupful and use as or pour in cold, cut ir

Salted Ch pouring bo them stand cool oven; them melte ing a teas them stand then sprinl as to distr in a biscui from ten they are ci

Queen of of eight ea a froth. sugar and quart of slowly un spoon, stir drops of stemmed two eggs cupful of spoonfuls thread, th whites and to spread custards.

Light P butter, on ful milk, one half whites of seeded ra citron, blanched ful of sa and salt. whites a milk, and in modera